

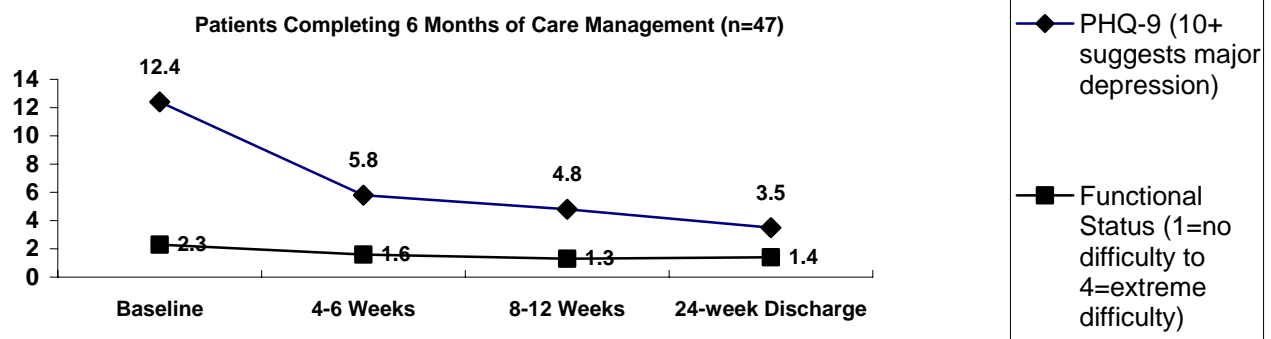


## NATIONAL

### QUARTERLY QUALITY IMPROVEMENT REPORT: 4TH QUARTER, FY '03

The TIDES program is now active in all seven of its demonstration sites in VISNs 10, 16, and 23. Through the end of September, 41 primary care providers referred 228 patients, and the three Depression Care Managers (DCMs) reached and assessed 85% of them. 173 of the 193 patients assessed began six months of care manager follow-up, and only 18 of these did not continue (two opted out; four died; and 12 could not be reached for further follow-up). The 155 patients who have stayed active in depression care management have kept 92% of their follow-up primary care or mental health appointments, and 91 of the 120 patients (75%) given anti-depressants have been compliant.

The stepped care approach to managing depression is evident. Patients referred to mental health score substantially higher on the PHQ-9; 15.6 vs. 10.6. Of the 26% of patients given a mental health consult, 16% remained in mental health for follow-up of their depressive symptoms.



45 of 50 primary care patients and two of five mental health patients who entered depression care management last winter and spring have now completed the full six-month program of telephone follow-up and monitoring. As shown above, their depression and functional status scores dramatically improved. Only four of the 47 patients scored over nine on the PHQ-9, and 35 scored five or less. Of the eight patients who did not complete the program, one chose to quit, and the other seven could not be reached again. Thus, 78% of the first cohort of depression care management patients (43 of 55) achieved resolution of their depressive symptoms.

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